

Living Boldly

News and notes brought to you by the
DC Department of Aging and Community Living

Volume 1 Issue 1 A Newsletter for D.C. Seniors May 2021



DIRECTOR'S MESSAGE

By Laura Newland, Director
D.C. Department of Aging and
Community Living

Happy Older Americans Month!

As part of our celebration, I'm pleased to unveil the new name of our newsletter — Living Boldly! We're excited to continue to provide you with the same senior-focused news and information you've always expected, but under a name that reflects the vibrancy of our community.

This month, I asked our Mayor to share a special Older Americans Month

message with you, which includes more information about how to register for the COVID-19 vaccine. The sooner each of us gets vaccinated, the sooner we can see each other in-person (safely)!

Thanks for helping us make D.C. a place where everyone — no matter our age or ability — can live boldly!

Laura Newland



MAYOR'S MESSAGE

By Muriel Bowser, Mayor
District of Columbia

Happy Older Americans Month, D.C.!

This year, we celebrate our most seasoned residents at a moment of great hope. After a long year, we can finally see the light at the end of tunnel. The vaccines are moving us toward a better normal. After months apart, vaccinated friends and families are finally starting to come back together. Grandparents are reuniting with grandchildren who missed them dearly. And lifelong friends are getting back together for meals, and walks, and much needed in-person conversations and celebrations.

And while our work to crush this virus is not yet done, I want to pause to say thank you. Thank you for the sacrifices you made to protect yourself and others. You discovered new ways to stay connected and engaged like participating in Fit DC workouts in your living room, navigating virtual classes designed with you in mind, and chatting with DACL staff just about anything through the Call & Talk program. You turned trial into triumph, teaching all of us the true meaning of this year's Older Americans Month

theme, *Communities of Strength*.

And thank you for getting our vaccination efforts off to a strong start. Today, more than 70% of DC seniors are vaccinated, and with your help, we are working hard to reach every senior — and every person 16 and older — in Washington, D.C.

If you are not yet vaccinated, I am asking you to join me, and Dr. Nesbitt, and more than 230,000 Washingtonians in getting vaccinated. Today, you can walk up to vaccination sites across DC to get your free COVID-19 vaccine. You can learn more about these sites at coronavirus.dc.gov as well as at vaccinefinder.org. If you are unable to leave home, you can also call DC Health at 1-855-363-0333 and make an appointment to get vaccinated at home.

If you're already vaccinated, I'm challenging you to make sure your friends and your family members also get vaccinated. Share your experience with people who are nervous to get vaccinated and call or text your friends and neighbors and help them make a

Older Americans Month Calendar of Events

To register for an event or activity, please visit dacl.dc.gov and click on DACL Events.

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|---------------------------|--|
| May 3, 12 p.m. | Young at Art, Host: Department of Parks and Recreation (every Monday) |
| May 5, 10 a.m. | Senior Cardio Dance, Host: Department of Parks and Recreation (every Wednesday) |
| May 6, 2 p.m. | Why I Do What I Do — Recognizing the contributions of seniors to Congress Heights and the Greater Community, Host: Congress Heights Senior Wellness Center |
| May 10, 11:30 a.m. | Your Heart Health and You, Host: Hattie Holmes Senior Wellness Center |
| May 11, 11 a.m. | A Conversation with Dr. Glenn Wortmann, Section Director of Infectious Diseases at MedStar Washington Hospital Center, Host: DACL |
| May 12, 1 p.m. | 2021 Senior Symposium — Lunch & Learn: Reimagining Living Boldly in the Era of COVID-19, in partnership with AARP |
| May 14, 7 p.m. | "Eat with Me" Watch Party, Host: DC Public Library and the Mayor's Office on Asian and Pacific Islander Affairs |
| May 21, 4 p.m. | Fun Fur Fridays with the Humane Rescue Alliance, Host: DACL |
| May 26, 11 a.m. | Older Americans Month Health Fair — Host: Model Cities Senior Wellness Center |
| May 26, 9 a.m. | Senior Health & Fitness Day, Host: Bernice Fonteneau Senior Wellness Center |

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plan to get a free COVID-19 vaccine.

The sooner we're all vaccinated, the sooner we can crush this virus and get back to the people and activities we love. And when we do get back to a better normal, I can't wait to celebrate

you in person for the many ways you continue to make Washington, D.C. the greatest city in the world and soon to be 51st state.

Mayor Muriel Bowser

Join Age-Friendly D.C. for their next Task Force Meeting

Age-Friendly D.C. is preparing for the next Age-Friendly D.C. Task Force meeting, May 18, from 1 to 3 p.m. with domain and pillar meetings. To find out how you can participate and get information about additional meetings, please visit agefriendly.dc.gov.

D.C. Seniors join fellow Washingtonians in the fight for D.C. Statehood

Seniors across the District banded together to support Mayor Bowser as she testified before the House of Representatives on making D.C. the 51st State. Mayor Bowser called on Congress to right a 220-year-old wrong and

finally end taxation without representation for Washington, D.C. residents. The demand for D.C. Statehood continues. To learn how you can get involved, visit statehood.dc.gov.



Vacancies on D.C. Commission on Aging

Are you interested in serving your community as an aging advocate? The District of Columbia Commission on Aging is a citizen's advisory group to the Mayor, Council of the District of Columbia, Department of Office Aging and Community Living, and the general public on the needs and concerns of older Washingtonians. The Commissioners serve as advocates on behalf of the District's more than 120,000 seniors and ac-

complish their responsibilities through outreach to individuals and institutions, as well as to groups and governments.

The Commission's 15 members are appointed by the Mayor with the advice and consent of the Council of the District of Columbia.

To apply to become a member, visit the Mayor's Office of Talents and Appointments website <http://motaboard.theresumator.com>.

Honoring DC Centenarians

Mayor Bowser and the Department of Aging and Community Living are seeking District residents, age 100 years or older, to honor **virtually**.

Call (202) 374-9573 or email dacl.communications@dc.gov if you know a DC resident who has celebrated their 100th birthday by April 30.

Please send the name, date of birth, contact information, and a bio for each individual that you are registering. Registration ends June 30, 2021.



MAYOR BOWSER'S 10th ANNUAL VIRTUAL SENIOR SYMPOSIUM

Join us for Lunch & Learn: Reimagining Living Boldly
in the Era of COVID-19

Wednesday, May 12, 2021
1:00pm

Register by May 5 to receive your meal kit:
2021seniorsymposium.com

Muriel Bowser,
Mayor of Washington, DC

Laura Newland,
Director, DACL



Louis Davis, Jr.,
State Director, AARP DC

THREE WAYS TO JOIN!



Tune in to DCTV Channel 16
(check your local TV listings
if channel is different)

COMPUTER



Watch LIVE Online
Visit <http://video.oct.dc.gov/DCN>
for a livestream of the Symposium

FACEBOOK



Tune in on Facebook
Visit facebook.com/DCAgingNews
or facebook.com/aarppdc



Dr. LaQuandra Nesbitt,
Director, DC Health



Delano Hunter, Director,
Department of Parks and
Recreation

For more information, visit
dacl.dc.gov or call 202-724-5626.

Engage At Home. Stay Safe At Home.

#CommunitiesOfStrength

AARP
Real Possibilities

DACL
LIVE BOLDLY

GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR